CALGARY metro®

Spike in locked up aboriginal women: Study

Number grew a staggering 97 per cent from 2002-2012 PAGE 10

Expanding regional transit

Local partnership between Calgary, Okotoks, Nanton and beyond sought by 2015 PAGE 3

22 YEARS OF 22 MINUTES

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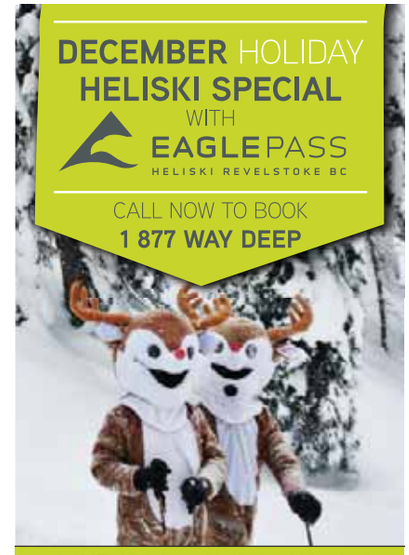

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Lukaszuk the lone Tory to shun Bill 10

'Incremental' change. Government allows free vote on controversial matter

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Alberta's ruling Tories announced Tuesday they wouldn't force MLAs to vote along party lines on a controversial youth gay-rights bill — and the party's former deputy premier and education minister said he couldn't stand behind the "incremental" measure.

Thomas Lukaszuk said he fully supports gay-straight alliances in schools and believes Bill 10, rolled out by Premier Jim Prentice on Monday, passes the buck to school boards to make a "defining" decision on an important human-rights matter.

He was the lone Tory to vote against a second reading of the bill Tuesday, but it passed 42-10. The bill will still require a third reading to pass.

The Tory bill pre-empted one from Liberal MLA Laurie Blakeman that would have required school boards to support students hoping to launch a GSA in their school. Instead, Prentice said students would have the ability to appeal a school decision against such a group all the way to the Court of Queen's Bench.

But Lukaszuk said he struggles to believe students would have the inclination — or financial means — to take such action and feels it would drag out for years, likely until after the student had graduated.

"I simply do not believe in incremental granting of human rights," said Lukaszuk, who has kids enrolled in Catholic schools in Edmonton and St. Albert. "This bill is supposed to be a balance — some people refer to it as a field goal, but not a touchdown.... Fifty years ago, we didn't tell (Rosa Parks), 'Well, OK, you no longer have to ride in the back of the bus, you can now move up to the middle of the bus.'

"We didn't give women half a vote; we gave them a full vote during the suffrage debate."

Government house leader Jonathan Denis told reporters the Progressive Conservative caucus would use its majority to limit debate on the bill.

Denis says it's important to hear debate but added it can't go on "indefinitely."

Catholic school boards, in particular, have come under fire amid the debate over GSAs. Tony Sykora of the Alberta Catholic School Trustees' Association said the boards his members represent have worked hard to develop an anti-bullying policy that identifies all forms of bullying, even ones that are directed at students who "identify as gay or have issues with gender identity."

"We don't go out of our way to define the differences in (students)," said Sykora. "We believe everyone is valuable."

John Carpay, a practising lawyer and president of the Justice Centre for Constitutional Freedoms, meanwhile, said concerns over whether students would actually have the ability to pursue the legal avenue offered by Prentice are valid. **WITH FILES FROM LEAH HOLOIDAY AND THE CANADIAN PRESS**

REFLECTING A WINNER

Jon Cornish of the Calgary Stampeders, right, is reflected in the Grey Cup as he listens to Mayor Naheed Nenshi during a rally in Calgary on Tuesday celebrating the win. See story, page 28.

JEFF MCINTOSH/THE CANADIAN PRESS

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Regional transit could be running by next fall

Pilot project. Former Calgary Transit director says he thinks 'there's enough of a critical mass to start service'

ROBSON FLETCHER
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If all goes according to plan, the first public-transit buses running between Calgary, Okotoks, Nanton, Black Diamond and Turner Valley could hit highways by next fall as part of a partnership between all the growing municipalities.

"We're hoping to get it up and running for September-October 2015," said Ettore Iannacito, who manages the transit program for the Calgary Regional Partnership (CRP). "But everything has to line up for that to happen. There are so many things that have to be in place."

The idea of co-ordinated regional transit has been bandied about for years, and the CRP has even come up with a brand — "On-It" — for the hypothetical service.

Actually getting regional public transit up and running has been "a bit of a struggle" given the relatively low population density of Calgary and the surrounding communities, said Fred Wong, a former director of Calgary Transit.

Growing populations and changing attitudes about transportation, however, have opened a window of opportunity, Wong added.

"I think there's enough of a critical mass to start service," he said.

Airdrie has seen success with its own Intercity Express (ICE) bus to Calgary, Wong noted, but the initial uptake was slow and it took a while for people to start using it.

"The simple message is: don't give up on the service too quickly," he said. "It's a step-wise process and it's going to take some time."

The CRP has surveyed residents in the four communities south of Calgary and received "very favourable feedback," Iannacito said, with more than half of respondents saying they'd be "somewhat likely" to use regional transit.

Okotoks Mayor Bill Robertson, who also serves as the current CRP chair, said the initial pilot project would be funded by provincial GreenTRIP grants and, if it's successful, he expects his town council would support financially backing a permanent system.

"If it appears to be viable and economically sound, then we would go for it," Robertson said. "We certainly need transit in the region."

The CRP is also working on longer-term plans with the Town of Chestermere to provide bus service for residents to both Strathmore and Calgary, Iannacito said.

"They're going to be looking very, very carefully at how everything works out with those four communities (south of Calgary)," he said.

Connecting people in the communities surrounding Calgary to the city's bus and LRT system is the long-term goal of the Calgary Regional Partnership. METRO FILE

Chris Jordan, manager of strategic planning for Calgary Transit, said the city worked with Airdrie in finding stops for its ICE bus that connect well with its own service and continues to work with "all the surrounding municipalities" on regional transit.

Quoted

"Our role will be to enable them to stop at our stations to support their future investments, to make sure we're capitalizing on the effectiveness of the LRT and bus rapid-transit system as a backbone for regional travel."

Chris Jordan, manager of strategic planning for Calgary Transit

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Disputed Scenic Acres school needed: Parents

French school. Perturbed residents have taken legal action to block construction

JEREMY NOLAIS
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Maya Ferdi lives just across the street from Ecole Terre des Jeunes, but would prefer her two youngsters had a better place to learn, even if it meant hopping on a bus.

She, like hundreds of other families, is anxiously awaiting a new facility planned by the Conseil scolaire FrancoSud board for a green space in the northwest neighbourhood of Scenic Acres.

But the replacement facility's future has been drawn into question, as the area community association has filed a legal claim that aims to block construction and have the park deemed "municipal reserve" by the City of Calgary.

The Francophone board has said the school where Ferdi's kids learn, originally known as Jerry Potts, is already at capacity and the Scenic Acres site provided the best option for a speedy construction process.

Trustee chair Anne-Marie Boucher said Tuesday that the school had seen an 18 per cent spike in students this fall alone.

"We hope to still move forward," she said when asked about the Scenic Acres site. "Of course, it's going to depend what the courts say, but for us it's still the best location for that school.... If this delays construction then it will probably be a pretty big strain on a school that's already full."

Residents behind the legal action, however, have insisted there are better sites in Calgary's northwest quadrant in areas like The Hamptons and Rocky Ridge.

The legal claim contends that the Calgary Board of Education violated the Municipal Government Act when it failed to transfer the land back to the city after deeming it surplus to its needs. The CBE officially transferred the land to the Francophone board in 2011.

"We use this land extensively; it's one of the most active parks in the city," Jim Palmer, president of the Scenic Acres Community Association, said in an interview Monday.

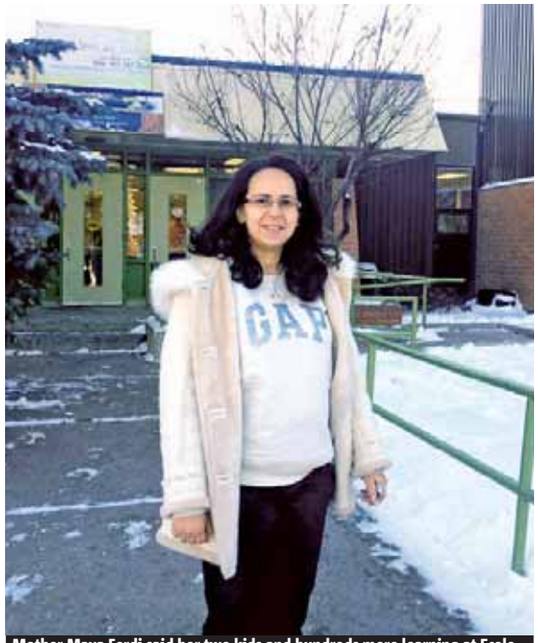
But Boucher countered Tuesday that finalized designs were presented to the neighbourhood in September that confirm just 20 per cent of the green space would be taken up by the facility.

The injunction matter is next due back in court in mid-December.

Quoted

"It's a good school. It's like a family.... All teachers know the names of all the kids."

Maya Ferdi, mother hoping for a new school in Scenic Acres



Mother Maya Ferdi said her two kids and hundreds more learning at Ecole Terre des Jeunes are in desperate need of a new facility. JEREMY NOLAIS/METRO

Rules for developers

New condo act announced

The province introduced new rules for condo developers and associations Tuesday, designed to make the system fairer and more transparent for buyers.

The new condo act was first introduced last spring and has been re-introduced in this session.

Service Alberta Minister Stephen Khan said it aims to create a better system for what is becoming an increasingly popular choice for buyers.

"This will create a healthy and stable ecosystem for condo association and condo developers," he said.

Among the changes are a requirement that developers hold deposits in trust during building, more information disclosures to buyers, tougher rules around occupancy dates and a new tribunal to help settle disputes.

Khan said there are rules in place now but there needs to be greater clarity to protect consumers.

"It's not a wild west, but what we're trying to do is reinforce some consistency," he said.

RYAN TUMILTY/METRO

$10M donation launches Robson DNA Science Centre

Genetic research into the root causes of cancer will be the focus of a new science centre at the University of Calgary that will be created with a $10-million gift announced Tuesday.

The Robson DNA Science Centre will examine how and why cells sometimes fail to detect and repair damage in genetic code, resulting in various forms of cancer.

Calgary businessman Dave Robson donated $10 million to the U of C in honour of his late wife, Val, who died in May of a rare form of bone-marrow cancer.

Robson said he was looking for a place to make the most impact with his gift and, through the Calgary Foundation, found a "perfect fit" in the creation of a new fundamental-research centre at the U of C.

"You have to determine what the root cause is in order to solve the problem," Robson said. "Let's go find out what the root cause is."

Calgary Foundation president Eva Friesen said the new centre "has the potential to make a huge difference to medicine" and both she and Robson are excited about the possibilities.

"There is no greater pleasure in our work than when we match a passionate donor to a cause," Friesen said.

Greg Cairncross, director of the Southern Alberta Cancer Research Institute, said the research team at the new centre will aim to discover "innovative cancer-prevention strategies" and "more effective treatments."

"That's their goal, and I'm confident they will achieve it," he said.

ROBSON FLETCHER/METRO

Dave Robson. ROBSON FLETCHER/METRO

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'Typical.' City sees 380 snow complaints so far

Minimum bill

The city bills a minimum of $150 for snow clearing when it's forced to intervene.

Ten city homeowners will be facing some added costs on their property tax bill after failing to comply with a request from bylaw officers to clear snow from the sidewalk in front of their abodes.

Overall, the city said 380 complaints related to snow-clearing between Nov. 24 and Dec. 1 was "typical." Calgary did see a massive dump of the white stuff and plummeting temperatures heading into the weekend.

City spokesperson Carissa Vescio said the vast majority complied and removed the snow after receiving a visit from bylaw officers. Still, she said the recent rush of weather provided a good opportunity to encourage residents to "consider being a good neighbour."

JEREMY NOLAIS/METRO

Agreement. Alberta still looking at options to control its wild horse population

Alberta Environment is looking at options to manage the province's wild horses that include signing an agreement with a group trying to protect the animals.

Environment spokesman Duncan MacDonnell says the five-year agreement with the Wild Horses of Alberta Society came into effect Nov. 1.

It calls for the society to oversee a contraceptive vaccine program for mares to try to lower the wild herd population around Sundre.

It also allows the society to adopt out horses and foals that have been captured, abandoned or injured.

The projects are being funded entirely by the wild horses group, which must be able to document the results. THE CANADIAN PRESS

City's surplus store not just for office supplies

For sale. Recovered items range from jewelry and expensive bikes to a fire hydrant

HELEN PIKE
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Eyebrow-raising items

- The items most are raising eyebrows over: makeup, ties and expensive jewelry coming from the Court of Queen's Bench.
- Most of the items from the city itself are office supplies, computers that are still usable but past their prime, ink cartridges and other goodies.

The City of Calgary Surplus Store doesn't sound luxurious, but those who frequent the tucked-away gem know the goods inside aren't part of your typical surplus catalogue.

Jewelry, expensive bikes, a great selection of watches, makeup and even perfume are some of the items eager thrifty shoppers can find in the cases and lining walls of the city store.

"Today has been quite busy," said Brian Angevine, investment recovery specialist with the City of Calgary. This is the first year the shop, open every Tuesday, is offering Christmas deals to customers — 10 to 15 per cent off.

Angevine has seen some interesting merchandise come through the surplus shop. Sometimes he gets the odd fire hydrant, which is always a popular item for man caves and dog rooms. One woman even bought the 150-pound treasure for her son's room — he wants to be a firefighter when he grows up.

"You just can't put it on your front lawn … so that the neighbours don't park in front of your house," Angevine said. "That's a big no-no."

The mixed bag of items can be explained simply by the surplus suppliers. Some items come in from Calgary Police Services, parks, fire and water. The only things the store doesn't sell are real estate and furniture.

"I've been to the Alberta Government surplus, but I'd never heard of the Calgary surplus," Amy Boyd said. Her friend Tricia Harris added that she was caught by surprise when she saw makeup for sale.

Watches, rings and gold were some of the many items for sale at the City of Calgary surplus store, but there's no telling what you will find in cases next week. HELEN PIKE/METRO

The future of the game

Calgary minor hockey may adopt 'regional' leagues

City minor-hockey players may soon be able to stick closer to home to play Canada's game.

Hockey Calgary hosted a 150-member summit to discuss the future of the game over the weekend. Kevin Kobelka, the organization's executive director, said he was still reviewing the feedback from those that took part but said some youngsters — and their parents — appear keen on a league that steers clear of hours of weekly travel getting to and from games.

"I think, for some, our different (league) streams, we can play more regional," he said. "My vision is less time, less travel, the ability for kids to be kids, the ability for kids to have time to do other things than just to play hockey."

The governing hockey body is already running a trial house league in the city's west end that sees players with Glenlake, Trails West and Springbank play in a setting where standings and statistics aren't tracked.

Kobelka said feedback on the league has been good to date. He said he hopes to offer some additional league options next season or in 2016 at the latest.

"You don't want to just make it about elite athletes; you want to make it about everyone that wants to play," Kobelka said.

"It's about access. Creating access is the key."

JEREMY NOLAIS/METRO

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Karen Lloyd, president of the Calgary Association of Parents and School Councils, said Tuesday she will vie for the vacant Calgary Board of Education seat to represent Wards 11 and 13. METRO FILE

Candidates emerge in CBE trustee race

Byelection. Members vote to fill the vacant seat after resignation

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Prospective candidates were already plotting their moves Tuesday after a majority of Calgary public-school trustees voted to hold a byelection to fill a vacant seat.

The Calgary Board of Education vote will likely occur in mid-April and comes after Wards 11 and 13 representative Sheila Taylor resigned in October to run for the vacant Calgary-West MLA seat.

At press time, two people had stated publicly that they would vie to replace Taylor, and a third education watcher said he was "interested" in tossing his name in, as well.

"I just see it as an extension of where I've been going.... It just seems like the most natural fit for me and for the school system," said Karen Lloyd, a mother of eight and president of the Calgary Association of Parents and School Councils (CAPSC), who confirmed she will be running.

Earlier this fall, CBE trustees voted to strip its funding for CAPSC, drawing criticism from some who said they were attempting to quell an independent — and sometimes contrarian — voice.

Julie Hrdlicka, an outreach co-ordinator with Public Interest Alberta, told the Calgary Herald she, too, would run.

Rick Lundy, a patient-rights advocate who lost to incumbent Lynn Ferguson for the Wards 3 and 4 seat in the 2012 municipal election, said he's also been talking with friends and family about running again.

"Obviously education, to me, is important and where I can make the biggest difference is right there with the trustees.... It's definitely something I'm interested in," he said.

Larry Leach, chair of the Association for Responsive Trusteeship in Calgary Schools, applauded the board's decision.

"It was a surprise and a very, very pleasant surprise," he said, adding now the push will be to get the public engaged in the race.

AHS. Edmonton hospitals crumbling

Two Edmonton hospitals will need extensive upgrades and the Capital Health Region area will need at least one new hospital, according to a sweeping report from AHS.

The report, titled Edmonton 2030, is a comprehensive list of the faltering conditions at four hospitals in the city, with problems at the Royal Alex and Misericordia topping the list.

It found sewage leaks, mould, failing elevators and an obsolete system for medical gas at the Misericordia, while at the Royal Alex the entire inpatient tower, with more than 500 beds, has been deemed obsolete.

Dr. David Mador and Deb Gordon of AHS. RYAN TUMILTY/METRO

AHS medical director Dr. David Mador said upgrades to the two hospitals would also add more beds, which are crucial when the city is seeing such substantial growth.

"Our immediate need is to address major infrastructure needs at the Misericordia and the Royal Alexandra Hospital. Any solution to that would include increased capacity," he said.

In addition to the much-needed major repairs, both hospitals are failing to keep up with patient demand. Deb Gordon, chief health operations officer, said the upgrades will only address some of that and a new hospital will be needed.

"We believe in the long run Edmonton will need additional acute-care capacity," she said.

RYAN TUMILTY/METRO IN EDMONTON

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Increase in aboriginal women jailed: Study

Over-representation. Number of aboriginal women behind bars in federal institutions grew 97 per cent from 2002 to 2012, study shows

Emily, an alcohol-addicted young Inuit woman racked by painful memories of sexual abuse, went to jail for manslaughter in 2009 — joining what a newly released report calls one of the fastest-growing segments of Canada's prison population.

The number of aboriginal women who were locked behind bars in federal institutions grew a staggering 97 per cent between 2002 and 2012, the study by the federal Justice Department concluded.

By comparison, the number of aboriginal men increased by a comparatively small 34 per cent during that time.

"Aboriginal women are particularly over-represented as offenders in female institutions and correctional services," said the 2013 report, obtained under the Access to Information Act.

"This representation has been growing in recent years and at a faster rate than aboriginal male offenders."

The focus of the study is female aboriginal offenders — a group largely neglected by other research, the study concedes.

"The over-representation of aboriginal people in the Canadian criminal justice system has been acknowledged as one of the most challenging aspects facing the justice system today," it reads. "However, much of the attention to this over-representation has been focused on aboriginal people as a whole, without giving appropriate attention to the unique situation of aboriginal women as offenders."

The report found common threads among aboriginal women in the criminal justice system. They tended to be slightly younger than non-aboriginal women, had less education and struggled to find work. Substance abuse was also rife among female aboriginal prisoners.

The study found aboriginals represent 34 per cent of all female and 22 per cent of all male prisoners in federal institutions. The numbers were slightly higher for both aboriginal men and women in provincial and territorial facilities.

THE CANADIAN PRESS

Offences

The study also sheds light on the crimes that landed the aboriginal women covered by the study behind bars.

- Two out of every three aboriginal women were put into federal custody for violent crimes, such as assault, robbery, sexual assault, criminal harassment and murder.

A new day for Toronto

Toronto's new mayor, John Tory, reacts after receiving his chain of office during an inauguration ceremony on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Haiti and Zimbabwe

Canada to resume deportations of 3,500 people

Canada will soon resume the deportations of roughly 3,500 people to Haiti and Zimbabwe, countries critics say are still struggling with the aftermath of natural and man-made disasters.

Immigration Minister Chris Alexander and Public Safety Minister Steven Blaney said the temporary suspension of deportations to both countries has been lifted and migrants from Haiti and Zimbabwe can face removal after six months if they remain without legal status.

The decision leaves only three countries — Afghanistan, Democratic Republic of Congo and Iraq — on Canada's removal moratorium list.

Advocates for refugees were shocked by Ottawa's decision, citing reports by the federal government itself and international aid groups that found little progress in those countries. TORSTAR NEWS SERVICE

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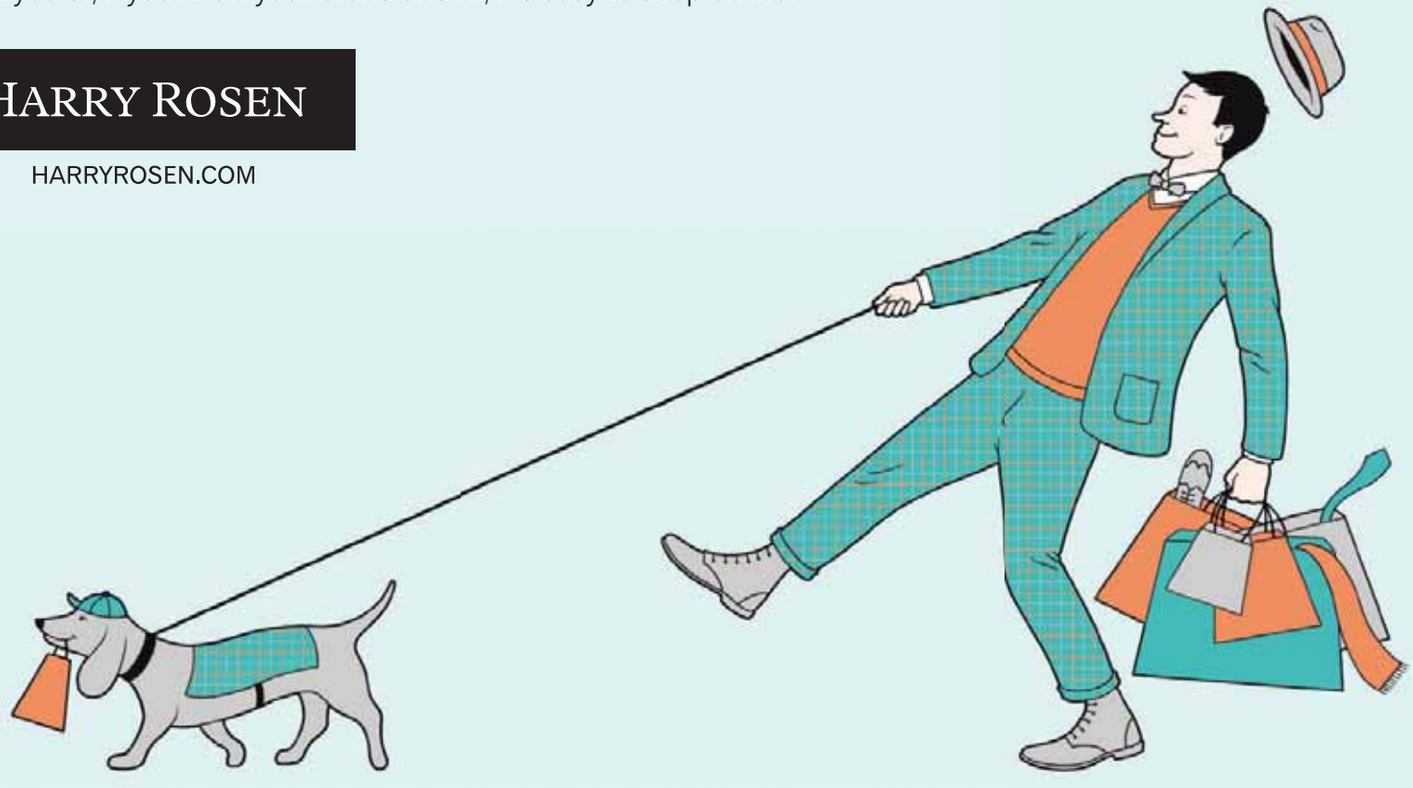

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Earth's changes

4.9 trillion tons of ice lost since '92

In the more than two decades since world leaders first got together to try to solve global warming, life on Earth has changed — not just the climate. It's gotten hotter, more polluted with heat-trapping gases, more crowded and just downright wilder.

The numbers are stark. Carbon-dioxide emissions: up 60 per cent. Global temperature: up six-tenths of a degree. Population: up 1.7 billion people. Sea level: up three inches. U.S. extreme weather: up 30 per cent. Ice sheets in Greenland and Antarctica: down 4.9 trillion tons of ice. "Simply put, we are rapidly remaking the planet and beginning to suffer the consequences," says Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

THE ASSOCIATED PRESS

Ferguson rioting

Police investigate Brown's stepfather

Police are investigating Michael Brown's stepfather for angry comments made to a Ferguson crowd after a grand jury decided not to indict the police officer who fatally shot his stepson. St. Louis County Police spokesman Brian Schellman said Tuesday that police want to talk to Louis Head about his comments as part of a broader investigation into arson, vandalism and looting that followed the Nov. 24 grand jury announcement. Twelve commercial buildings were destroyed by fire.

Widely circulated video showed Brown's mother, Lesley McSpadden, on top of a car and breaking down as the announcement blares on a stereo. Head, her husband, comforts her then repeatedly yells angry comments, including, "Burn this bitch down!"

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ISIL leader's possible wife, son detained

Lebanon. If their identities are confirmed, officials may use the pair as bargaining chips

This image is purported to show the leader of ISIL, Abu Bakr al-Baghdadi, delivering a sermon at a mosque in Iraq.
MILITANT VIDEO/THE ASSOCIATED PRESS FILE

Lebanese authorities detained a woman and young boy believed to be the wife and son of reclusive Islamic State of Iraq and the Levant (ISIL) group leader Abu Bakr al-Baghdadi and were questioning the woman and conducting DNA tests on the child, senior Lebanese officials said Tuesday.

If their identities are confirmed, Lebanon may use the pair as bargaining chips to win the release of soldiers and police taken hostage by the extremists in cross-border attacks earlier this year.

The woman, identified as an Iraqi, and child were taken into custody 10 days ago while carrying fake ID, officials said.

Very little is known about al-Baghdadi's personal life, including how many wives and children he has. Conservative interpretations of Islam allow men to marry up to four wives. ISIL did not immediately comment on the detentions, but the faction's supporters on Twitter and militant websites cast doubt on the reports.

Adding to the confusion, the Lebanese army did not release an official statement regarding the pair.

A Lebanese military official identified the woman as Saja al-Dulaimi who was held by Syrian authorities and freed in a prisoner exchange with the Nusra Front, Syria's al-Qaida-linked branch, earlier this year. The official said the woman "confessed during interrogation" that she was al-Baghdadi's wife.

The officials spoke on condition of anonymity in line with regulations.

THE ASSOCIATED PRESS

UN suspends aid to refugees

Syrian refugee children sit near a tent at the entrance of their refugee camp as they wait to attend an activity in the eastern Lebanese Town of Al-Faour near the border with Syria on Tuesday. Syrian refugees in Lebanon reacted with panic Tuesday to news that the UN was suspending aid to 1.7 million refugees due to lack of funds — a decision officials said threatens to starve thousands of families and add pressure on already strained hosting countries. HUSSEIN MALLA/THE ASSOCIATED PRESS

No purchase necessary. Contest open to Canadian residents who have reached the age of majority in her/his province/territory of residence before November 18, 2014 (**"Eligible Participants"**). Eligible Participants will be automatically entered into the contest upon making a new flight booking exclusively on the Canadian consumer edition of aircanada.com between November 18, 2014, at 12:01 a.m. EST and December 8, 2014, at 11:59 p.m. EST. The Eligible Participant who will be entered into the contest will be the person who makes the new flight booking and provides his/her contact information at time of booking. Aeroplan membership is not required for contest eligibility but will be required in order to claim all prizes. Ninety-one (91) prizes consisting of: One (1) grand prize of one million (1,000,000) Aeroplan Miles and ninety (90) secondary prizes of one hundred thousand (100,000) Aeroplan Miles for a total of ten million (10,000,000) Aeroplan miles are available to be won. Eligible Participants will be selected by random prize draw. Odds of winning depend on the total number of eligible entries received. Additional terms and conditions apply. Skill-testing question required. Visit **aircanada.com/10millionmiles** for full contest rules and regulations including how to enter without making a purchase. ®Aeroplan is a registered trademark of Aimia Canada Inc.

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Ground beef recall in Western Canada

Worries. While there are concerns over E. coli, no illnesses have been reported, says food inspection agency

Federal health officials are recalling packages of ground beef produced by food giant Cargill due to concerns about E. coli.

The Canadian Food Inspection Agency (CFIA) said Tuesday there have been no reported illnesses related to the recalled products, but advised people to throw out or return packages to the store where they were bought.

The meat carries the Your Fresh Market brand name and was sold at Walmart stores in Alberta, British Columbia, Manitoba and Saskatchewan.

The extra-lean ground beef sirloin, extra-lean ground beef, medium ground beef and lean ground beef was sold in 475-gram, 900-gram and 1.6-kilogram packages. All carry a best-before date of either Nov. 28 or 29.

Cargill spokeswoman Connie Tamoto said E. coli 0157 was found in a random sample of ground beef that had been packaged at a Calgary case-ready facility on Nov. 19. She did not know which slaughterhouse the beef came from.

Winnipeg-based Cargill Meat Solutions has two processing plants in Canada: one in High River and the other in Guelph, Ont.

"Obviously food safety is critical to us," said Tamoto. "We're doing everything we can to work with the CFIA and Health Canada to make sure they have everything they need as they continue to investigate the situation."

She said the recall involves about 14,000 kilograms, or 14 tonnes, of ground beef.

The CFIA warns that food contaminated with E. coli 0157 may not look or smell spoiled but can still make you sick. Symptoms can include nausea, vomiting, mild to severe abdominal cramps and watery to bloody diarrhea.

THE CANADIAN PRESS

2012

The largest beef recall in Canadian history involved 4,000 tonnes of beef — some 1,800 products — that were pulled from the North American market in 2012. XL Foods Inc. operated the meat-packing plant in Brooks that was linked to the E. coli 0157 outbreak. Eighteen people fell ill.

As oil plunges...

Sales tax should be on table: Outgoing AIMCo chief

With oil plunging below $70 US a barrel, the outgoing CEO of Alberta Investment Management Corp. says a sales tax should be on the table in a province that relies heavily on energy revenues to fund services.

Premier Jim Prentice has said there won't be a sales tax in Alberta.

THE CANADIAN PRESS

Market Minute

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VOICES

DON'T MAKE IT A CAREER-LIMITING XMAS

With stories of serious workplace harassment in the news, some offices are putting a chill on holiday party flirting and other shenanigans. But while you may perceive your actions as harmless fun, HR might see it differently, writes Metro's Liz Brown.

LIZ BROWN
Metro in Toronto

'Tis the season for the workplace Christmas party.

Apparently, it's also the season for friendly reminders from your boss not to be a creep at the office celebration.

Recently, Canadian employment law firm Levitt and Grosman LLP sent a note to its workers about expected party etiquette, noting, "You probably aren't in the same league as Jian Ghomeshi when it comes to bad behaviour in the workplace, but you still need to keep yourself in check at the company holiday party or you could end up fired with cause."

With liquid courage fuelled by rum and eggnog, the Christmas party may seem the perfect moment to make your move on that office cutie you've been eyeing at the photocopier.

But flirtatious overtures may not be perceived as merry and bright in the eyes of the receiver, your employer or your co-workers.

We are all confident we know where "the line" is, and many of us have been tempted to do a little festive flirting with a fine work friend. But any office celebration is really just an extension of the boardroom — not a singles soirée.

So don't say or do anything under the mistletoe that you wouldn't dare do under the glare of the fluorescent office lights.

We should remember that a party faux pas can fell even those who are experts in workplace harassment issues.

Case in point: a Toronto lawyer who specializes in labour and employment law who was accused of busting a few too many moves with a female associate at a booze-filled work function.

What not to do at the office holiday party. DAVID VAN DYKE/METRO PHOTO ILLUSTRATION

In 2009, Toronto lawyer David Cowling, a former Mathews, Dinsdale & Clark partner, allegedly got a little too handsy on the dance floor.

Following the party, two associates complained to other partners about his behaviour, and Cowling launched a $2.3-million defamation lawsuit against them in 2010.

Cowling eventually dropped the lawsuit, left the firm — as did the other two lawyers — and cleared his name with a settlement and public statement.

But that one night of booze-fuelled fun left him with more than a hangover headache.

This little anecdote is one to keep in mind as your own party approaches. What you perceive as flirtatious fun can be downright creepy to your co-workers.

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day."

You don't want to be repeating that line this month.

So ease up on the booze, keep your hands to yourself and remember: there's a reason you became an accountant and not a backup dancer for J.Lo.

What she said

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day." You don't want to be repeating that line this month.

I know I'm not the only one avoiding the malls this year

IRENE KUAN
Metro Online

If you're a retailer that's yet to open a virtual store, then you better get online, because the Christmas hordes are coming — just not on foot.

One third of Canadians plan to turn to the Internet to do most of their holiday shopping this year, according to a series of polls conducted by MasterCard, Ipsos Reid and Google. And I'm one of those shoppers.

I love shopping, but this holiday season I can confidently say I will not be visiting any shopping malls. The only way I will be buying my gifts is online.

The trend of people shopping from the comfort of their own homes rather than going into stores has contributed to a drop in Black Friday retail sales in the U.S. for two consecutive years, according to the National Retail Federation.

I don't think I'm alone when I say I've always hated braving the crowds, not to mention dealing with grumpy and exhausted salespeople. Plus, some of the online incentives offered by retailers are hard to pass up, such as exclusive deals not available in-store.

I'm not being a Scrooge, in case any of you think the maddening rush at the mall is part of getting into the holiday spirit. Online shopping for me isn't just about avoiding the mall. It's about the convenience of that one-stop shop that saves me time and the border-free access to purchase hard-to-find gifts that I probably can't even get at any store in my city.

So far this month, I've purchased gifts from the U.S. and New Zealand, which are expected to arrive in five to 10 days, all without leaving my condo.

Retailers that have yet to jump online are facing some tough competition, not only because of their physical limitations, but because virtual stores are offering perks that are similar or better, like free worldwide shipping, free returns and free gift-wrapping, as well as samples at checkout. Most deals in stores can also be found online, and brick-and-mortar retailers know this. Toronto's Yorkdale Mall even offered the first 100 customers to arrive at their door on Black Friday a $50 gift card. Meanwhile Amazon rolled out deals every 10 minutes on Cyber Monday. How can stores compete?

So if you're still a web-shy retailer, take note: if you get tech-savvy, I — along with those other one-third of Canadians — could be enticed back to you.

Guilt-free shopping

If you feel guilty about all those seasonal salespeople who will be out of the job this Christmas — don't be. Amazon said it plans to hire 80,000 workers to fill its warehouse during the busy holiday season.

metro

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This Hour has 22 years

TV Special. As CBC's satirical series turns 22, Cathy Jones, the show's only original member, shares the sketches she loves best

MARK BRESLIN
scene@metronews.ca

Cathy Jones, second from right, and the This Hour Has 22 Minutes cast. RILEY SMITH

This year marks the 22nd season of This Hour Has 22 Minutes, the satirical sketch show on CBC that's Canada's version of Saturday Night Live.

The show may not be live, but it certainly is lively, with comedians like Mary Walsh, Shaun Majumder, Rick Mercer, Gavin Crawford and Colin Mochrie skewering our sacred cows over the past two decades.

No one represents the talented cast more than Cathy Jones, who is the only original actor still with the show.

With an hour-long 22 Minute special airing next Tuesday at 8 p.m., and a This Hour has 22 Years — Live in Toronto event on Thursday, we sat down with Jones to discuss her favourite moments from the show's two decades plus two years:

Greg Toomey's Playboy Grotto

"I was a dimwit bunny from Newfoundland, and he's interviewing me, and I got to wear these ridiculously huge breasts … Those sketches were so much fun to do!"

Mrs. Enid and Mrs. Eulalia

"When Mary Walsh and I would do these two old ladies, we'd get so close to each other — we were like two magnets that would repel and attract each other. Doing those sketches got me so close to Mary and it seemed to be everybody's favourite sketch."

The Quinlan Quints

"… And, there were only four of us! No one ever said what happened to the fifth sibling! They were raucous, over-the-top and had the feeling of something totally unstoppable and crazy. One time Mary had to wear a dog cone around her neck. We couldn't stop laughing!"

Cathy Jones RILEY SMITH

Angry Yoga

"I've always been the one in the troupe that likes to deal with 'groovy' ideas and this was a sketch that played right into my interests. The premise has me as a yoga teacher that keeps getting angrier and angrier, which conflicts with the 'grooviness' of the character. Lots of YouTube hits on this one."

Ida Smithe-Bishop

"I did this one with the fabulous Gavin Crawford. We played a couple of Brits with ridiculous accents and extreme dental prosthetics. Gavin was just so great to work with."

Keeping up with the Jones

When congratulated on her 22 Minutes longevity, Cathy Jones is quick to remind she was also on the show's predecessor, Codco, for six years, meaning she's been on the air continuously for a staggering 28 years.

She says the secret to the show's success — in addition to the acting and writing — is that it is shot in Halifax, geographically removed from network politics and at a safe distance to allow it to flourish.

Miniseries

First look at A.D., The Bible sequel

NBC has shared the first trailer for A.D. The new miniseries hails from the creators of The Bible and is a followup to the hit miniseries. Picking up where The Bible left off, the new miniseries will explore the impact of Jesus' death and resurrection on his disciples and on political and religious leaders. The first episode will premiere on April 5, Easter Sunday. AFP

Kevin Spacey as Francis Underwood in House of Cards. CONTRIBUTED

TV drama. House of Cards returns end of February

The third season of award-winning political drama House of Cards is to debut on Feb. 27, Netflix announced Monday.

"A special message from the White House," announced a short video posted on the show's Twitter and Facebook pages, giving the date.

The clip shows scheming politico Francis Underwood, played by Kevin Spacey, boarding what looks like a presidential aircraft with his ever-loyal wife Claire (Robin Wright).

Earlier this year, Netflix ordered a third season after House of Cards collected nine Emmy nominations, the first ever for an Internet-delivered series, and won Wright a best-actress Golden Globe.

Season 2 of the show found Underwood assuming the vice presidency, having ruthlessly undercut rivals and even murdered someone in a protracted act of revenge after being denied the promised post of secretary of state. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scarlett's secret wedding no secret anymore

NED EHRBAR
Metro in Hollywood

Avengers star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Mont., less than a month after the birth of their daughter — and no one in the press caught on, according to Page Six.

"They kept the wedding a big secret because they both wanted privacy," says a source with a firm grasp of the obvious. Johansson started introducing Dauriac as "my husband" at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month. So really, this one's on us for not catching it earlier.

Don't lay any sweetheart lines on Reese — she's just not having it

Guys, seriously. Cut it out. Reese Witherspoon is totally not America's sweetheart. "I certainly don't self-identify as anyone's sweetheart," she tells Glamour. "I'm friendly, but I don't think I'm sweet. I'm honest." Yeah, but come on. That's totally something America's sweetheart would say.

Reese Witherspoon

Bale sure knows how to burn big-time show-biz bridges

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids.

Bale tells the Wall Street Journal that George Clooney needs to pipe down when it comes to the invasive press. "It's boring, isn't it? You know what I mean?" Bale says. "It doesn't matter that he talks about it. It's like, come on, guys, just shut up. Just get on with it and live your lives and stop whining about it. I prefer not to whine about it." Duly noted.

Oh, and don't expect him to re-team with Terminator Salvation director McG again anytime soon. "There's a lot of room for many approaches and many characters within the film industry," Bale says. "I won't be working with him again, but I wish him very well. OK?" And that is what Bale being diplomatic sounds like.

Christian Bale ALL PHOTOS: GETTY IMAGES

How-to

Travel with a sense of adventure

Trafalgar.com's Liesa Bissett shares her best tips:
1. Keep a travel journal so you can share details of your trip with friends down the road. It will make a great reference.
2. Learn a few key phrases of the language of the countries you're visiting.
3. Research some of the stops on your itinerary in advance, so you know what places you might like to visit in your free time.
4. Pack a rechargeable battery charger for your phone to keep it functional for uploading pictures in real time.
5. Take a deck of cards. It's always cool to learn new card games from fellow travellers.

DOUG WALLACE/METRO

Deal

Cruises up to 73 per cent off

Windstar is offering up to 73 per cent off select cruises to the Caribbean, Tahiti and Asia until Dec. 12. Set sail on one of the signature white yachts of Windstar, most carrying fewer than 300 passengers. Smaller ships equal more specialized service. This is your chance to see Singapore, Panama, St. Lucia, Dubai, Vietnam and more at a fraction of the price. Fares from about $1,450. Call 866-814-5860.

DOUG WALLACE/METRO

Trend

Hotel coffee culture

International hotel chain Le Méridien is amplifying its already burgeoning coffee-house atmosphere by hiring Dutch latte artist Esther Maasadam to be a global coffee ambassador. Starting with hotels in New Orleans, Vienna, Hong Kong and London, to name a few, Maasadam will create coffee art and help local Méridien baristas further hone their skills in the chain's busy Le Méridien Hubs.

DOUG WALLACE/METRO

A New York City hotel fit for the future King

When the Duke and Duchess of Cambridge alight on New York next week, they'll be laying their heads at The Carlyle, a favourite among heads of state, celebrities, fellow royals and musical legends. A favourite of Prince William's late mother, Princess Diana, The Carlyle, part of The Rosewood Hotels and Resort group, is known as a New York institution and boasts an illustrious guest list including every U.S. president since Harry S. Truman, every one of whom called the spot their "unofficial" New York home, according to the hotel. In addition to the British monarchy, kings and queens of Denmark, Greece, Spain and Sweden have also stayed at the property. Located in Manhattan's Upper East Side, The Carlyle is known for its Art Deco influence, while its rooms are furnished in Louis XVI style. The royal couple will be in New York Dec. 7-9 to promote various charities. AFP

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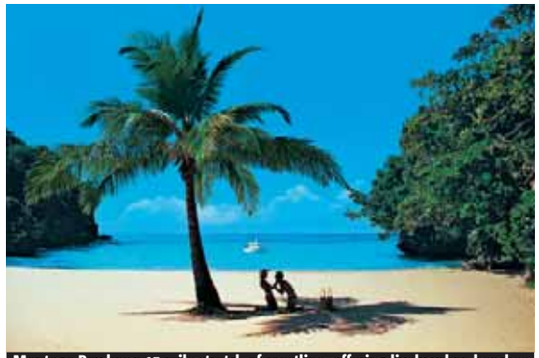
A launching point for adventure

Visit Montego Bay.
Jamaica's centre for music, culture and food

VAWN HIMMELSBACH
For Metro


Montego Bay has a 15-mile stretch of coastline, offering lively urban beaches and secluded white-sand strands. JAMAICA TOURISM BOARD

Adventure sports are easily accessible from Montego Bay, such as swimming in waterfalls or spelunking in caves. JAMAICA TOURISM BOARD

Bottoms up

- A visit to Jamaica would not be complete without sampling one of its finest exports: Rum. Visit the Appleton Estate, Jamaica's oldest sugar factory and rum distillery, where some of the best Caribbean rum is made — with its distinctive orange and cocoa notes — and meet Joy Spence, the industry's first female master blender.

While Montego Bay is Jamaica's resort capital, there is more to do here than lie on the beach with a rum punch working on your tan (although that's not such a bad option).

As a centre for music, culture and food — and a launching point for adrenalin-pumping adventure — there is something that will appeal to everyone from families to honeymooners.

"We are on target this year to welcome the most visitors from Canada we've ever had," said Philip Rose, regional director for Canada with the Jamaica Tourist Board.

While he attributes this to the island's diversity of offerings, he said airlines and tour operators have also increased their service to Montego Bay.

To accommodate these visitors, more than 1,400 new or refurbished hotel rooms are being added this year, from five-star resorts to boutique, eco-friendly and budget-friendly options — many built on 19th-century sugar plantations.

One would be remiss, of course, not to visit the beach — Montego Bay has stunning beaches, backed by picturesque mountains. And a walk along Hip Strip offers beach culture with a variety of restaurants, shops and nightlife. To party with the locals until sunrise, head to Pier One, which is a "party beyond words," Rose said.

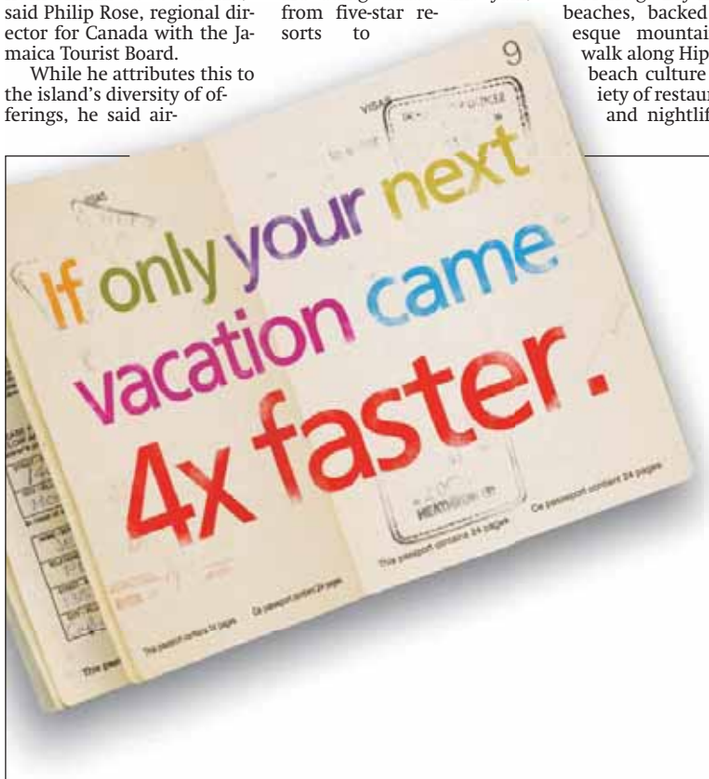
Foodies might fly here just to sample the jerk chicken, pork and seafood — a seasoning combination of pimento and scotch bonnet pepper. For hard-core jerk fans, the Jamaica Jerk Trail is a self-guided culinary tour that includes 22 stops at the island's top jerk joints and pork pits.

"You have to go to Scotchies," Rose said. "It's a hole-in-the-wall restaurant that has fantastic jerk chicken and pork."

Or head to dinner on a deck under the stars at The Houseboat Grill, moored at the Montego Bay Marine Park Fish Sanctuary.

While Kingston is home to the Bob Marley Museum, visitors can hear reggae all over the island. Reggae Sumfest is the largest music festival in Jamaica, which takes place mid-July in Montego Bay.

Visitors can also tick a few items off their bucket list, such as swimming with dolphins at Dolphin Cove, where they can also take in live reggae music, glass-bottomed boat tours, and shark and stingray excursions.



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Martinique puts the magnifique in sun travel

French district. The safest Caribbean island is rich in history and natural beauty

KATHY BUCKWORTH
life@metronews.ca

Fort Saint Louis is a working military fort located in Fort-de-France and only opened to the public this year. ISTOCK

"Martinique is not for tourists; it is for travellers," says our guide as we make our way through the winding, hilly roads of this French Caribbean island.

Martinique is to France as Hawaii is to the U.S. This island "outpost" is a district of France, and its approximately 400,000 inhabitants live under French law. Proud to have been anointed the safest Caribbean island in recent years, the island has a distinctive French flair which is uniquely blended with the island culture.

Peak travel times from Canada are December to March. Flights are direct from Montreal (Air Canada), or through Miami (American Airlines). The island is also busy during July and August, when the French take summer holidays. French is the official language of Martinique, with Creole as the unofficial, more casual language.

Most cruise lines visit Martinique, with Disney the latest to announce their Wonder ship will begin stopping there early 2016.

Entering Martinique is a breeze compared to many Caribbean islands. Passport control is quick and easy and there is only one luggage belt. Upon leaving the airport, you can either rent a car, or take a "Collective Taxi." Many people rent as cars drive on the North American side, but due to the extremely hilly roads, it is recommended that you hire an automatic transmission car.

There is surprisingly only one resort chain in Martinique: Club Med, which established its first club here in 1969. Throughout the island there are locally owned, smaller hotels and boutique resorts, all of which have their own particular charm.

An additional option in Martinique is the over 500 units available for rental through Airbnb (airbnb.com). There are many vacation home options available on the island.

There are fantastic natural and historic sites for families to visit, including Emerald Estates — a natural regional park opened just five years ago. Its goal is to preserve and promote the natural and cultural history and conservation of the island.

Fort Saint Louis is a working military fort located in Fort-de-France. Opened to the public for the first time in July, guided tours take visitors through the working fort, which was built originally in the 1600s, but expanded in the 1800s.

A special feature of the fort is the hundreds of iguanas, who got their start on the island thanks to a zoo built in the fort in the 1950s. The zoo was dismantled, but 30 of the iguanas escaped and have continued to multiply.

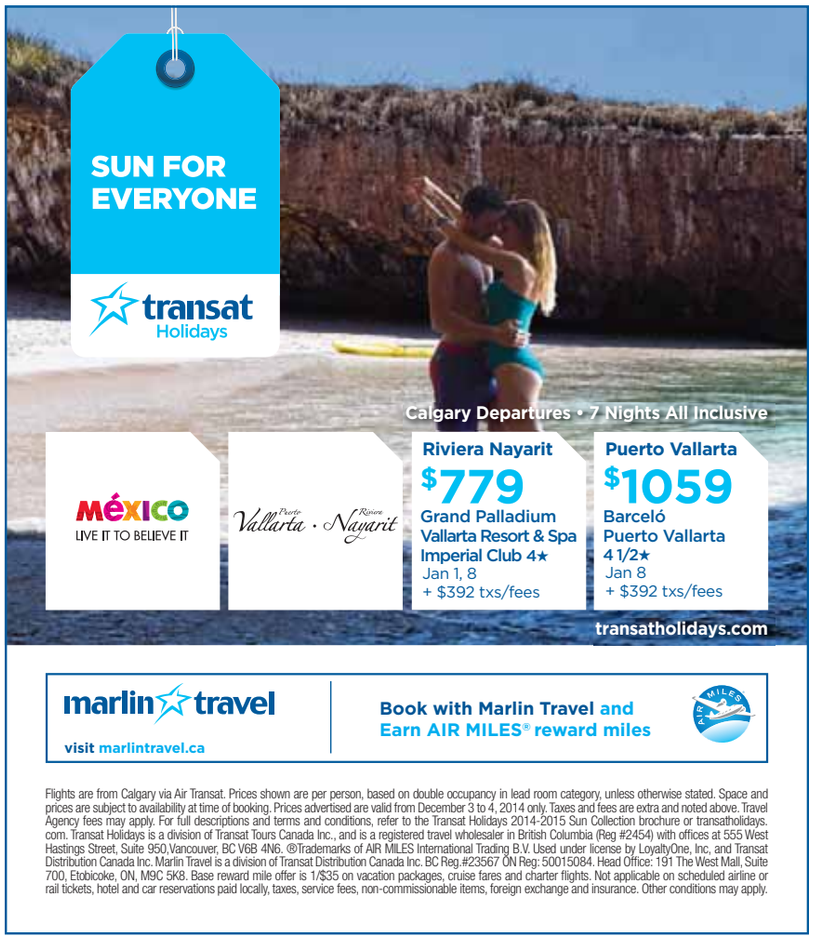
No trip to Martinique is complete without trying the local specialties.

A spice mixture called Colombo is a blend of seven different spices and has the taste of a rich, milder curry. It is used predominantly on chicken, but you can also find it on shellfish and other dishes. Bite-sized fried cod fritters are a typical appetizer before a meal, and octopus is served frequently, either grilled or deep fried. Cod originally came to Martinique from Canada in return for sugar cane as part of a trade route. Thanks to the French influence, desserts are chocolate, whipped cream pastries and other confections.

There are 11 rum distilleries on the island, and of particular note is the Clement, where guests can stroll through displays, homesteads and working machinery, as well as inhale the scent of thousands of barrels aging rum, soaking in a big part of Martinique's history. Martinique, c'est magnifique.

For more information...

- **Visit.** martinique.org



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Holiday fun

Festivals to get you in the holiday mood

ON THE MOVE
Loren Christie
life@metronews.ca

Toronto's Cavalcade of Lights. TORSTAR ARCHIVE

Looking for ways to get in the holiday spirit? A visit to one of these festive destinations will help you get your jingle on.

The Halifax Citadel National Historic Site is the perfect place for Haligonians to get a taste of Christmas past. Visitors can take in the Soldier's Christmas Play, shop for crafts, enjoy hot cider and take in live holiday music with the 78th Highlanders. A stroll along the city's waterfront offers stunning views of the harbour especially at night with the naval ships dressed from bow to stern in holiday lights.

The opening of Toronto's Cavalcade of Lights this past weekend means the square in front of city hall is now illuminated with thousands of twinkling bulbs. Rent some skates, do a few spins on the rink below the skyscrapers and soak up Christmas in the big city. Then head over to the historic Distillery District and visit the Lowe's Toronto Christmas Market running until Dec. 21. The entire area is decked out with lighting and decor displays, roving carolers and traditional wooden booths selling locally handcrafted goods and Christmas themed foods from countries like Holland and Germany where the tradition of Christmas markets began.

Vancouver's Carol Ships Parade of Lights has been a tradition for more than 50 years. Every night during December some 80 boats strung with 100,000 lights sail around False Creek, Deep Cove and Port Moody. Dinner cruises are available on some of the ships, or you can watch from shore. Vancouver also has a Christmas market located on the outdoor plaza at the Queen Elizabeth Theatre. It runs from now right up until Christmas Eve at 6 p.m. Enjoy festive food, entertainment and do your holiday shopping while strolling through romantic rows of decorated wooden huts.

For a traditional Dickensonian Christmas, head to Morrisburg, Ont., located about an hour and a half from Kingston.

Upwards of one million white lights adorn the buildings of the historic Upper Canada Village for Alight at Night, running on select nights from Dec. 5 through to Jan. 3. Within this illuminated 19th-century town there are sleigh rides, Victorian Christmas meals, toy-train rides, and places to purchase one-of-a-kind artisanal gifts.

Five things to do when you're in San Juan

Puerto Rico. With a colonial flavour, warm temps and tasty food, what's not to love about this old city?

LAKSHMI GANDHI
life@metronews.ca

Old San Juan boasts stunning views and colonial architecture. ISTOCK

With its cobblestone streets, ocean views and colourful buildings, the historic section of Puerto Rico's capital is among the most picturesque urban areas in the territorial U.S.

Explore a fortress

Built in the 1700s to protect the city from invaders, Castillo de San Cristobal — sister fort to the more famous El Morro — is the largest Spanish fort in the Americas.

The National Park Service took it over from the army in the 1960s, and visitors can now explore the watchtowers.

Looking for a good selfie opportunity? Johnny Depp filmed a memorable scene in Pirates of the Caribbean: On Stranger Tides at San Cristobal's entrance.

Stroll off the beaten path

Located along the northern city wall of Old San Juan, La Perla is a historically unsafe area now undergoing a facelift and worth a visit — although you may feel more comfortable going with a tour guide. The neighbourhood was initially created as a community for servants and former slaves, to keep them away from the city's centre. But today, La Perla, which has stunning ocean views, is becoming known for its music and arts scene, with concerts held regularly.

Most tourists head to La Perla's Santa Maria Magdalena de Pazzis Cemetery, the final resting place of many of the island's most historic figures.

Eat like a local

Put finding a tasty mofongo high on your must-eat list. The fried plantain dish is usually served with meat or fish. Order it at Café Puerto Rico (208 Calle O'Donnell).

Head into the Condado section of San Juan for something a little less traditional at Budatai, where you'll find a fusion of Puerto Rican and Asian flavours from Iron Chef contestant Roberto Trevino.

New hotel option

Bringing the whole family for a warm weather vacay? Hyatt House, Puerto Rico's first extended-stay hotel, just opened in San Juan. The hotel features roomy suites with full kitchens and living rooms.

Mind the furrier citizens

It's impossible to walk through Old San Juan without seeing the stray cats that call the neighbourhood home. Said to be the descendents of the felines that strolled Columbus' ships, the cats are synonymous with this section of the city.

Bucket list

Philadelphia, birthplace of America

Fans of Philadelphia's cheese steak sandwich will be happy to hear the city is enjoying a bit of a moment. On top of 300-year-old architecture and a rich history, Philly promises all the food and fun of New York with way better prices (and there's no sales tax on clothing). It's only 25 blocks from river to river, so it's an easy place to get around. The Italian Market is a real hub, the oldest open-air market of its kind in the U.S. The Philadelphia Museum of Art (pictured) houses more than 200,000 works spanning 2,000 years. Visit VisitPhilly.com. **TEXT: DOUG WALLACE, PHOTO: B. KRIST/ VISIT PHILADELPHIA**

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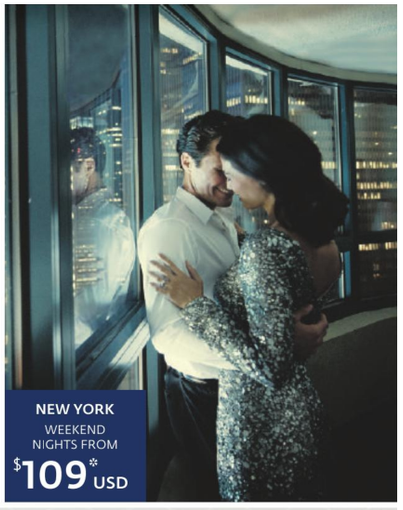
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Home Matters

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This recipe makes eight servings. EMILY RICHARDS

Enjoy spoonfuls of Tuscan inspiration

Hearty Tuscan Soup. You can make this simple dish on the stovetop or in your slow cooker

DINNER EXPRESS
Emily Richards
food@metronews.ca

As December hits, we often get lost in the bustle of holiday prep. But don't forget to feed yourself and your family in between trips to the mall.

Prepare ahead and do some grocery shopping so you have staples on hand to create hearty delicious dinners that you'll be able to make throughout the week.

Planning can be the hardest part, so sit down on the weekend and pick a few recipes that fit your budget and taste and make a grocery list.

Then shop and stock your pantry and refrigerator for the week ahead.

There will be no excuse for not having dinner when you can put it together with what's already in the house.

Post the recipe of the day on your fridge so whomever gets home first can start chopping and getting things ready.

Preparation can also be the most difficult part of eating well and this time of year you want to continue doing that.

This soup is a great fit for using pantry staples.

As a bonus you can cook it in the slow cooker!

If you're making it in the slow cooker, combine all the ingredients in the slow cooker and cook on Low for six to eight hours or on High for three to four hours.

For a frozen vegetable option you can omit the frozen spinach and add two cups (500 ml) of your favourite frozen mixed vegetables.

1. In a soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 5 minutes or until softened. Stir in rice to coat.

2. Add the tomatoes, chicken or vegetable broth, mixed beans and spinach; bring to boil. Cover and simmer for about 35 minutes or until rice is tender.

Ingredients

- 1 tbsp (15 ml) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 tsp (10 ml) dried oregano leaves
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) hot pepper flakes
- 1/2 cup (125 ml) brown rice
- 1 can (28 oz/796 ml) stewed tomatoes
- 3 cups (750 ml) sodium reduced chicken or vegetable broth
- 1 can (19 oz/540 ml) mixed beans, drained and rinsed
- 1 pkg (10 oz/300 g) frozen chopped spinach

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Time to assess your tardiness

Career. If you are constantly playing catch up with the professional clock, you may want to sort out your schedule

LAUREN MARINIGH
TalentEgg.ca

Wouldn't it be nice to stroll to work for once, rather than speed? ISTOCK

Your morning alarm goes off — and before you know it, you've pressed snooze 12 times and you now have five minutes to get ready and get yourself to work.

You may have heard that there are three types of people: the ones who are always 10 minutes early, the ones who are always late, and the ones that show up just in the nick of time.

The truth is, anyone can easily be the type of person who is early or on time. It just takes a change in the factors that are always making you late to begin with.

Here are some tips that can help you be a more prompt person.

Use technology
For chronically late people, setting alarms and/or reminders for everything in your phone and computer can make a big difference.

Even if you don't have trouble remembering engagements, being forced to set an alarm creates a good opportunity for you to reflect on the amount of time you'll need to prepare and travel to your commitment.

Commit yourself to doing this for everything, and soon it will become second nature.

Tip: This may seem a little drastic, but you can try a time-honoured solution and put your watch forward. If you're always 15 minutes late, set them 15 minutes ahead. This way when you glance at a clock, you'll mentally think you have to be somewhere now.

Manage your commitments
Frequent lateness can also be a product of an over-stuffed schedule. Recognize that you aren't a superhero and can't do everything. When scheduling appointments, meetings and activities with friends, add extra time to each activity. Monitor how your estimates align with what actually happens.

You may find that you routinely underestimate particular activities more than others — noting these habits will help you compensate in the future.

Tip: Having trouble getting started? Begin by limiting the number of activities you take on in a given day, which may make it easier to pinpoint where you're going wrong.

Schedule for delays or plan to be early
If you live within a city, traffic can be a big problem. If you live in a less urban area, getting stranded by car trouble is always a possibility. Make sure to allocate this into your scheduling. Leave additional time in case there are delays with traffic or public transportation.

You might find that your planning and time management skills are just fine — it's just transportation messing up your schedule.

Tip: Check social media or traffic and transit websites when you first wake up in the morning. If there's a delay, you can plan accordingly — and let people know in advance.

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A guru of gathering funds offers his tips

Career. Tony Robbins has released his first book since the 1990s

DAN SCHAWBEL
Metro in New York City

Tony Robbins. CONTRIBUTED

Generating wealth is something that people don't like to openly talk about — especially in the current economy. One person who hasn't had that problem is Tony Robbins, the most prominent leader in the self-help industry. The companies that Robbins has founded or partnered with have a combined annual sales of more than $6 billion. Now Robbins is ready to explain how he gets things done with his new book MONEY Master the Game: 7 Simple Steps to Financial Freedom. Metro spoke to Robbins about some of the ideas and strategies he details in the book.

How can a college graduate, with student debt, benefit from your action plan?
The first step, of course, is to make sure you're paying the least amount of interest on your current debt. The second step is to start automating a pattern for growing so that you can start tapping into compounded growth and move from being a debtor to an owner of the world's greatest businesses.

What are your top three pieces of career advice?
Number 1 is decide what matters to you most. Everyone is different. For some people what matters most is position and prestige. For some people it's money, and for others it's fun. For some people it's free time, for some people it's the ability to express their creativity unedited.

You've got to know what's most important to you. Secondly, everyone says, "Live your passion and the money will come."

This simply is not true. It's possible to live your passion and the money will come, but only if the way you live your passion adds more value to other people's lives.

In my case, I was able to find a way to have my passion and my work be one in the same. Third, if you're going to succeed, there's only one secret: Every day, work harder on yourself than anything else. If you keep growing, then you'll have something to give.

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Finding success in art by thinking like a CEO

Career. One non-profit wants to help artists and performers navigate the world of business

LAKSHMI GANDHI
Metro in New York City

If there's one thing that Adam Huttler wants the world to know, it's this: There's no reason to glamorize the concept of a starving artist.

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good," says Huttler, founder and executive director of Fractured Atlas, a tech company that provides support to working artists.

Micheline Heal, a dancer and choreographer living in New York, agrees. Heal says that when she started performing professionally she knew little about the business aspects of the dance world.

"When I first started I was advised by an accountant, 'You really need to start separating personal finance from your company financing and oh, by the way, you can accept nonprofit donations,'" and I was like, 'What?'" Heal recalls.

While doing research, she discovered Fractured Atlas' online resources and says they have helped her get her career off of the ground.

"I think what's really worked for me is asking a lot of 'dumb' questions and try and try to get as much advice as you can on every single business aspect, because unless you have a business background, you really aren't going to know," Heal continues. We sat down with Huttler to talk about Fractured Atlas and the things that every working artist should keep in mind as they build their careers.

Let's get real

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good."

Adam Huttler, founder and executive director of Fractured Atlas

Adam Huttler LINKEDIN.COM

How important is it for an artist to think like an entrepreneur?
It's hugely important. Artists — whether they like it or not — are small businesses. Usually, they go to school where they focus on craft, more or less exclusively — and obviously you've got to have the talent. But then they find themselves out in the world and realize "Wow, I need to know about fundraising, I need to know about marketing, I need to know how to make a budget."

What are some of the more common questions that younger artists have when they come to you?
It's all over the map. I think that a lot of people just don't know where to get started and they might have some vague sense of what they need. They'll come to us wanting help with a grant proposal and in the process of helping with that grant proposal there's a lot of technical assistance and coaching that happens along the way.

And can you tell us about the Arts Entrepreneurship Awards that you are currently collecting nominations for?
It's our second year doing the awards. We've always been an entrepreneurial organization ourselves, we've always been launching new initiatives. So we've been championing this, but this is the first time we've been able to plant a flag and say, 'This is entrepreneurship and this is what we want to see more of in the field.'

Perhaps it's time to paint yourself with the brush of a business person as well as a that of a budding artist. ISTOCK

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The Stampeders' Jon Cornish lifts the Grey Cup as he listens to Mayor Naheed Nenshi during a victory rally outside city hall on Tuesday. JEFF MCINTOSH/THE CANADIAN PRESS

Crowd celebrates Calgary's champs

Victory party. Stampeders share Grey Cup triumph with supporters at city hall

The Calgary Stampeders basked in the adulation of more than 2,000 screaming fans Tuesday as Calgarians celebrated the team's Grey Cup victory with a public rally at city hall.

Most of the attention was on Canadian running back Jon Cornish, defensive star Juwan Simpson and quarterback Bo Levi Mitchell, who was named the outstanding player of the Stampeders' 20-16 win over the Hamilton Tiger-Cats on Sunday in Vancouver.

"Now I get to fulfil a dream I've wanted to do for a long time — pass it to Mayor (Naheed) Nenshi. The trophy's pretty heavy," laughed Cornish, who was holding tightly to the Grey Cup as the festivities began.

"The most important part of our organization is our fans so I'd like to thank each and every one of you for your support today and throughout the season. If it wasn't for you, we wouldn't be standing here today."

Mitchell appeared embarrassed when the crowd started chanting "MVP, MVP" in reference to his performance during the Grey Cup.

"Y'all are amazing. Obviously I've got to thank every single person here and everybody in this city for being a part of this," he said.

The players, wearing white cowboy hats, stayed on the stage after the rally, talking to fans and throwing foam footballs into the crowd.

Nenshi paid tribute to the team, its success and fans and declared Dec. 2, 2014, Calgary Stampeders Day.

"I love Canadian football. I love the CFL. This is Canada's game," Nenshi said.

"This, folks, is a team of destiny. This is the best team the CFL has seen in years ... OK, the best team ever."

Fans bundled up and put on their Stampeder colours to show their support.

Jennifer Sellon brought her whole family. Wearing a Stamps jersey, toque and gloves she was reluctant to let the season come to an end.

"We went to the Grey Cup and we haven't missed a home game and we just wanted to come and support them," she said.

"It was an awesome, awesome season. This is a great Christmas present."

THE CANADIAN PRESS

Uncertain future

The celebration was a bittersweet moment for slotback Nik Lewis, who becomes a free agent. He was a 1,000-yard receiver in each of his first nine CFL seasons. He suffered a broken fibula in August 2013 and has totalled just 69 catches for 777 yards and three TDs over the past two years.

Nik Lewis GETTY IMAGES

- "I wouldn't want to go anywhere else but it's a game, it's a sport," Lewis told reporters. "Right now I am just enjoying this, but next week before I go back to Texas I'll sit down with (head coach John Hufnagel) and sit down with (offensive co-ordinator Dave Dickenson) and we'll figure something out."

Mr. Hockey

Howe suffers third stroke in as many months

Hockey Hall of Famer Gordie Howe has suffered his third stroke since late October and was hospitalized early this week, his daughter said Tuesday.

Cathy Purnell said her father suffered a "significant stroke" on Monday. Howe was stable and "a little bit alert" Tuesday morning, and doctors at a Lubbock hospital where he was taken were scheduled to do additional tests, she said.

"He's a fighter," Purnell said. "The man is tough. He has this will to keep going, all things considered."

Howe suffered what his children called a serious stroke in late October and another in early November. THE ASSOCIATED PRESS

NHL

Brodeur lands spot in St. Louis

Martin Brodeur wanted to keep playing and the St. Louis Blues needed some help in net.

The Blues signed the 42-year-old Brodeur to a one-year contract, picking up the NHL's leader in wins and shutouts while Brian Elliott is out with a knee injury. Coach Ken Hitchcock has said Elliott is week to week.

THE ASSOCIATED PRESS

SPHL

Szabados named player of the week

Goaltender Shannon Szabados, a two-time Olympic gold-medallist with Canada's women's hockey team, has been named the Southern Professional Hockey League's player of the week.

Shannon Szabados GETTY IMAGES

Szabados went 2-0-0 with a 1.49 goals-against average and a .963 save percentage last week for the Columbus Cottonmouths. She also assisted on an overtime goal last Tuesday in a 2-1 win over the Fayetteville FireAntz.

THE CANADIAN PRESS

COC unites with LGBTQ groups

Anti-discrimination.
Canadian women's hockey goalie says the time is right to ensure all athletes feel safe

The Canadian Olympic Committee has entered into a partnership with leading lesbian, gay, bisexual and transgender organizations as it aims to protect and support LGBTQ athletes, youth and coaches in sport and schools.

The initiatives, announced Tuesday at PrideHouse Toronto, also include updating anti-discrimination language within the COC Articles and introducing LGBTQ-specific educational resources for its national in-school program, which will be promoted by Canadian athletes.

A memorandum of understanding was also signed between the COC, the You Can Play project and Canadian charity Egale, organizations that promote LGBTQ equality in sport. It's part of a COC plan to foster a broader conversation around LGBTQ issues with athletes, coaches, corporate and media partners and the broader sport community around the country.

"It's time to do something now," said Canadian women's hockey goalie Charline Labonté. "I think that's why it's good timing: we're ready, society is ready. It's just about raising awareness with the next generation so we don't have to hide who we are and you can feel safe in an environment, even in sports or at school.

"So it's just to help out people for a better life."

Labonté, who won a gold medal at the Sochi Olympics earlier this year, came out last June. She said she's proud that the COC is taking a proactive approach with Tuesday's announcement.

"It's not always easy to be the first one to voice something like that," Labonte said.

THE CANADIAN PRESS

Standing out

"Some countries have already contacted us to say that they are really impressed ... and they want to get involved as well." Olympic goalie Charline Labonte

Flames leave Desert Dogs out in the cold

The Coyotes' Tobias Rieder, right, has his shot stopped by Flames goalie Karri Ramo as Josh Jooris defends on Tuesday night at the Scotiabank Saddledome. Jooris recorded a hat trick, and the Flames won 5-2. It was Calgary's third straight win. JEFF MCINTOSH/THE CANADIAN PRESS

Appeal

Peterson didn't testify at hearing, source says

Adrian Peterson did not testify at his appeal hearing Tuesday, according to a person familiar with the case.

Peterson's attorney, Jeffrey Kessler, said only that the hearing will continue Thursday.

THE ASSOCIATED PRESS

Kidney support

Pelé no longer on intensive care

Pelé has been taken off intensive care as his condition continues to improve, a Brazilian hospital said on Tuesday.

The 74-year-old Pelé remains in the same room where he was transferred to five days ago to undergo kidney support treatment.

THE ASSOCIATED PRESS

NBA

Cavs beat Bucks for fourth straight win

Kyrie Irving scored 28 points, LeBron James added 26 with 10 assists and Mike Miller provided a much-needed spark off Cleveland's bench, leading the Cavaliers to their fourth straight win, 111-108 over the Milwaukee Bucks on Tuesday night.

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DRIVE

2014-15 Mazda CX-5

- **Type.** Four-door, front- or all-wheel-drive compact SUV
- **Engines.** 2.0-litre four-cylinder (155 hp); 2.5-litre four-cylinder (184)
- **Transmissions.** Six-speed automatic (six-speed manual available with 2.0-litre)
- **Price.** $22,995 base, $28,795 as-tested

Market position

The CX-5 replaced Mazda's CX-7, a slightly larger and much heavier model that offered a thirstier turbocharged engine. The more fuel-efficient CX-5 is far better positioned in a crowded segment where mileage is an important consideration for buyers.

Points

- Mazda has added SkyActiv fuel-saving technologies on its vehicles as they are updated, but the CX-5 is the first model to get all of them.
- An auto-brake system that applies the brakes if the SUV is about to hit another vehicle can be optioned on the GT.
- The GS and GT rear seat folds 40/20/40, so you can carry long items and still have room for two passengers.

Rear seats are spacious and fold 40/20/40 on higher-trim models.

Interesting features

Available bi-xenon headlamps, rain-sensing wipers, navigation, Bluetooth with text message function, blind-spot monitoring system, and a crash-avoidance auto-braking system.

Add pepper for extra sizzle

PHOTOS: JIL MCINTOSH

Review. Peppy 2.5-litre engine makes Mazda CX-5 much more fun to drive than with base 2.0-litre powerplant

JIL MCINTOSH
drive@metronews.ca

Fuel economy is an essential consideration in a vehicle, but it has to be balanced with performance. Mazda discovered that the hard way when it introduced its CX-5 with a 2.0-litre engine that sipped fuel but could be sluggish, especially in heavy traffic.

That engine is still available, but Mazda has now added a peppier 2.5-litre four-cylinder that is still efficient (I averaged 9.9 L/100 km in cold weather), but makes it far nicer to drive.

For 2015 models, the base GX still uses the 2.0-litre, in front- or all-wheel drive, starting at $22,995. The mid-range GS uses the 2.5-litre and comes in FWD or AWD. My AWD GS tester rings in at $30,895.

You can also get the GT, which comes in AWD only, starts at $33,495, and adds such features as leather upholstery and dual-zone climate control.

The bigger engine makes 184 horsepower, which is almost 30 more than the 2.0-litre. The CX-5 also has all of Mazda's SkyActiv technology, which includes direct gas injection, lightweight construction and optimized transmission performance for better fuel economy.

The controls are easy to use, but the start button is hidden behind the wiper stalk.

Mazda is known for its sporty handling, and the CX-5 delivers, with quick response and pleasantly light steering. There's none of the tiring over-eagerness some sportier models can exhibit.

The interior offers comfortable seats, with three-stage heating and power driver's adjustment, and the rear chairs are roomy and fold flat for extra cargo space.

I like the heater's simple dial controls, and the stereo is easy to use. But the engine start button is wedged in behind the wiper stalk where it's tough to reach, and only the driver's window button is backlit, so at night you have to fumble to find the lock buttons and mirror switch.

Of course, some drivers may prefer the smaller engine, so test-drive it in case it is the one for you. But if it leaves you wanting more, take out the GS or GT models with their larger powerplant. I think you'll be pleasantly surprised.

Compare

1 Volkswagen Tiguan
Base price: $24,990
A turbocharged 200-hp engine, elegant cabin, and smooth handling make this a great machine.

2 Nissan Juke
Base price: $19,998
It's not pretty, but it's a great driver, thanks to an available and very sophisticated AWD system.

3 Mitsubishi RVR
Base price: $19,998
Compact and efficient, the RVR boasts many features and an impressive warranty.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Cadillac will extend electric-vehicle options

GM's luxury division has several plug-in vehicles planned for the near future as it gets solidly into the electric game. In the planning stages now is an all-electric sedan to join the updated Cadillac ELR range-extended luxury coupe for 2016. A plug-in hybrid model of the upcoming CT6 large sedan will follow. Further down the road, Cadillac will have a successor to the ELR (its first electrified product) using the Voltec electric drive system with gasoline range extender, and might offer it as a sedan. Cadillac CEO Johan de Nysschen told Reuters the new electric sedan is part of a plan to expand the Cadillac brand's arguably limited model range.

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With negligible sales of the Cadillac ELR, if the company wants to build more electric vehicles, something different will have to be done to get some volume going.

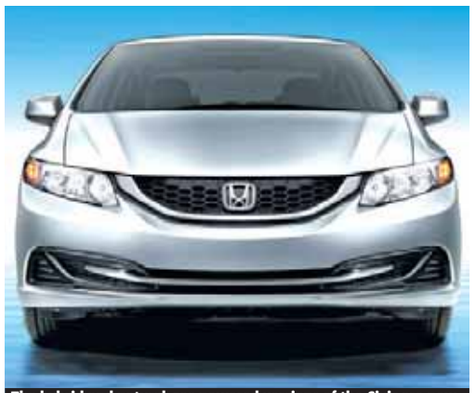
Electric goes better with Coca-Cola

Eager to increase the fuel efficiency of its massive fleet of commercial delivery and service vans, Coca-Cola is testing a growing fleet of Chevrolet Express 3500 vans retrofitted with aftermarket hybrid kits, and says it has found them satisfactory. After starting with 103 hybrid vans at the start of this year, Coke plans to add another 140 in 2015, according to a report from Automotive-Fleet.com. The vans are assigned to technicians who make repair calls for soft-drink vending and fountain machines. The conversion includes a lithium-ion battery pack mounted in the rear of the vehicle; the battery gets energy from regenerative braking as well as from the engine, and powers an electric motor.

Coca-Cola has been converting its fleet of trucks to hybrid electric.

Shift points

- Mazda told Autocar magazine that its next-generation SkyActiv engines will be so efficient they'll be cleaner to run than electric cars, and will emit less carbon dioxide per kilometre than is created to generate the electricity needed to run an electric car.
- Electric turbochargers are being seen as a way to increase fuel efficiency of downsized engines without curbing their power output. The electric units eliminate turbo lag — the delay between when the gas pedal is pressed and when you feel the power — and produce more power at lower engine speeds.
- London's Guardian newspaper quotes a report from Zurich-based bank UBS saying that demand for plug-in electric cars could drive down the cost of home solar power so much that subsidies will no longer be necessary.



The hybrid and natural-gas-powered versions of the Civic are now available in most U.S. states, but only the hybrid is sold in Canada.

Natural gas and hybrid Civic models among top-10 green vehicles for 2014

Hybrid and natural-gas-powered versions of the 2015 Honda Civic went on sale in 37 U.S. states in November, giving drivers more choices for greater fuel efficiency and environmental performance. (The hybrid is available in Canada, the natural-gas model is not.) The fuel-efficient Civic models were recognized by the American Council for Energy-Efficient Economy as being among the top-10 greenest vehicles of 2014, in its annual Green Book Online ranking of environmentally responsible vehicles. Valuation experts Kelley Blue Book lauded the Civic Natural Gas for using a clean-burning fuel that can be sourced in North America.

BMW is testing a bright new idea for electric cars

One of the biggest problems facing promoters of electric vehicles is a lack of charging stations. But the MotorAuthority website suggests the basis for an expanded network is already in place, in the form of street lights, which are practically everywhere. As part of a pilot program, BMW has installed two of what it calls light and charge units in front of its Munich headquarters. Drivers are able to plug in and pay by using a smartphone app. Incorporating efficient LED illumination with BMW's own ChargeNow fast-charge station, the units "can be easily added" to any existing municipal infrastructure, the website explains.

Combine the S with a D to get power on par with a Porsche 911

Tesla CEO Elon Musk has unveiled a performance upgrade package for the Model S that could further change the perception electric vehicles are slow and stodgy. The D upgrade transforms the Model S "from a mere groundbreaking electric car into something even more remarkable," reports The Car Connection website. With an extra motor added to the sedan's front axle, the drivetrain shifts to four-wheel drive from standard two-wheel drive in milliseconds, cutting the car's zero-to-60-mph (96 km/h) time to an eye-watering 3.2 seconds, matching the 2014 Porsche 911 Turbo. The package also makes the car more efficient, increasing the range of both the standard Model S and the premium higher-powered P85 model.

A performance upgrade package for the Tesla Model S puts the electric sedan on par with sports cars such as the Porsche 911 Turbo. Of course, the Tesla does so without tailpipe emissions and seats up to seven people.

OFFER ENDS JAN. 2ND

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WINTERFEST

DON'T PAY *until* NEXT YEAR[1] + 0% OR $6,000[2]

UP TO

FINANCING UP TO 84 MONTHS

CASH BONUS ON SELECT 2014 MODELS

ON ALL 2015 FINANCING OFFERS

OR CHOOSE GREAT CASH OFFERS

LIMITED TIME INCLUDES $500 BONUS

2015 SORENTO LX AT

OWN IT FROM $74[3] WEEKLY + DON'T PAY *until* NEXT YEAR[1]

Sorento EX shown[4] – hwy / city 100km[5]: 9.0L/12.7L

$0 DOWN PAYMENT | 0% FINANCING FOR 84 MONTHS[1]

UPGRADE TO ALL-WHEEL DRIVE FOR ONLY $9 WEEKLY[3]

Offer based on new 2015 Sorento LX AT with a price of **$26,782**, including delivery, destination, AMVIC fee and a $2,000 loan rebate[6].

2015 FORTE LX MT

CASH PURCHASE PRICE FROM $12,999[7]

INCLUDES $4,503 IN CASH CREDIT[8]

Forte SX shown[4] – hwy / city 100km[5]: 5.3L/8.0L

Offer based on new 2015 Forte LX MT with a price of **$12,999**, including delivery, destination, AMVIC fee and a $4,503 cash credit[8].

2015 RONDO LX MT

CASH PURCHASE PRICE FROM $19,582[7]

INCLUDES $3,500 IN CASH CREDIT[8]

Rondo EX Luxury shown[4] – hwy/city 100km[5] : 6.3L/9.2L

Offer based on new 2015 Rondo LX MT with a price of **$19,582**, including delivery, destination, AMVIC fee and a $3,500 cash credit[8].

2015 RIO LX MT

OWN IT FROM $39[3] WEEKLY + DON'T PAY *until* NEXT YEAR[1]

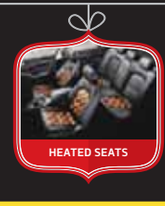
$0 DOWN PAYMENT | 0% FINANCING FOR 84 MONTHS[1]

Rio4 SX with Navigation shown[4] – hwy / city 100km[5]: 5.3L/7.3L

Offer based on new 2015 Rio LX MT with a price of **$14,102**, including delivery, destination, AMVIC fee and a $1,500 loan rebate[6].

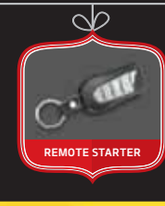
BE READY FOR WINTER WITH OUR WINTER READY MODELS $1,000 HOLIDAY BONUS[9]

HEATED STEERING WHEEL


HEATED SEATS

WINTER TIRES

HEATED MIRRORS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2014 CLEAROUT UP TO $6,000 CASH BONUS[2]

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Your emotions may fluctuate today but nothing bad will come of it as long as you refuse to attach too much importance to the way you feel.

♉ Taurus
April 21 - May 21
If someone has been taking advantage of your good nature, you must cut them out of your life. They will see you are serious and will come back begging for your forgiveness.

♊ Gemini
May 22 - June 21
Your present location may seem exactly right for you but when Mars changes signs tomorrow new options will present themselves and you will start to think about making a move.

♋ Cancer
June 22 - July 23
You may not feel at home with a certain group of people but what you learn from them will make other areas of your life so much easier to deal with. You are about to gain a new perspective on an old problem.

♌ Leo
July 24 - Aug. 23
Focus your mind on partnerships and you will find there is plenty to be positive about. A relationship is about to enter a more passionate phase.

♍ Virgo
Aug. 24 - Sept. 23
The task you have to set for yourself may seem daunting but it is only your negative attitude that makes it so.

♎ Libra
Sept. 24 - Oct. 23
If you hope for the best today, you will get it. What you need to realize is that you always attract into your life the kind of luck you think you deserve.

♏ Scorpio
Oct. 24 - Nov. 22
Don't deny yourself anything over the next 24 hours. If you crave something let yourself have it. There may be a touch of guilt involved but that will only add to your enjoyment.

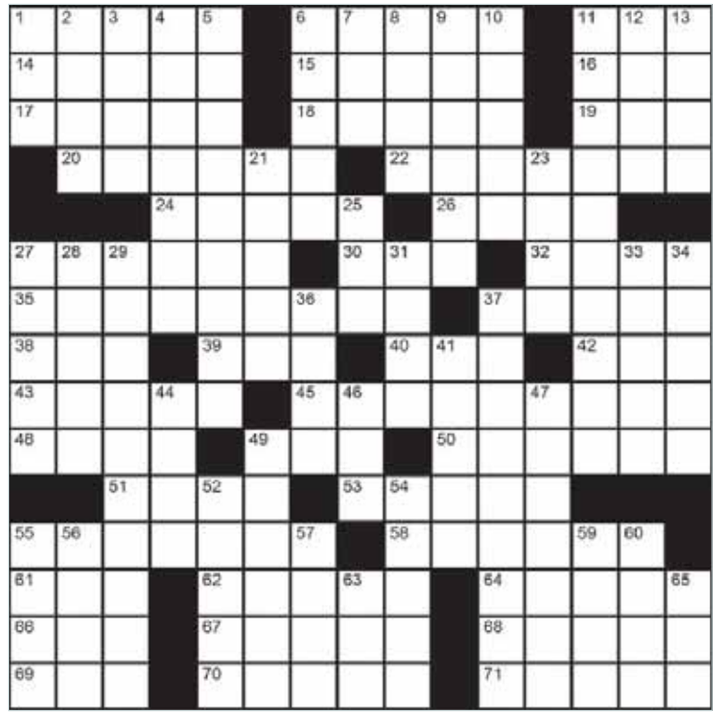
♐ Sagittarius
Nov. 23 - Dec. 21
You can find it hard to apply yourself to routine tasks and that will be even more of a problem than usual today and tomorrow. If you feel the need to get out into the world and explore then do so.

♑ Capricorn
Dec. 22 - Jan. 20
Attitude is everything today and if you approach a troublesome situation in a negative frame of mind you will probably find yourself on the losing side.

♒ Aquarius
Jan. 21 - Feb. 19
Mars, planet of energy and ambition, moves into your sign tomorrow, so start thinking about what you would like to change in your life because you will soon get the chance.

♓ Pisces
Feb. 20 - March 20
Are your expectations realistic? Think about it because over the next few days your goals are sure to be challenged.

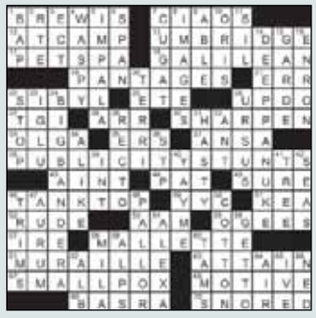
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Odyssey's prequel
6. Canadian actress Ms. Reid
11. Winnipeg Jets home, _ _ _ Centre
14. Actress Ms. Gaynor
15. Lend __ (Listen): 2 wds.
16. Ottawa, e.g.
17. Rockies toppers
18. Resulted in: 2 wds.
19. Quid Quo link
20. Rascal __ (Country band)
22. #50-Across accessory: 2 wds.
24. "The Rare __"
26. "__, vidi, vici."
27. __ de justice (Montreal courthouse)
30. __ v. Wade
32. Flair
35. It's wheely fun at the gym: 2 wds.
37. Ms. Blair
38. Mr. Linden
39. Mr. Bachman
40. Musical note
42. Li'l lengths
43. Citric, and others
45. Ontario: __ Island (Attraction on Georgian Bay)
48. "What are __ __ do then?"
49. Sheep's sound
50. Mr. Snowman
51. Conceal
53. Little write-up
55. Fighting punch: 2 wds.
58. Cover stories
61. Helios' 'H'
62. Symbols
64. It shines brightly in Cygnus
66. Q. "What goes before 'E' except after 'C'?" A. "__ '_'."
67. Musical group of nine
68. Musical grinder
69. Way out
70. Eats at
71. Spiral-horned antelope

Down
1. Pixie
2. Poet's 'willingly'
3. Romance lang.
4. "Harry Potter and the Prisoner of __" (2004)
5. City zones
6. Made up
7. 'Alp' suffix
8. Brit. word/reference works
9. "O Canada! / Our home and __ land!"
10. Have _ __ in the movie
11. Winnipeg: __ Street Station Casino
12. Scarlett's home
13. Detect
21. 'Mechanical Resonance' band
23. Bendable leg region
25. Pros on CTV's "Saving Hope"
27. "Yeah, right!"
28. Rapidly
29. Concert tour for female musicians founded by Sarah McLachlan: 2 wds.
31. Winter Olympics city in 1952
33. "Are too!" comeback: 2 wds.
34. Wicked
36. A, in communications
37. Community in western Manitoba
41. Atrocious
44. DIY = __ __ Yourself
46. Sci. workplace
47. Joni Mitchell's "Raised on __"
49. Lighthouse
52. Nightclub music gig
54. Holds up
55. Toronto hockey player
56. Poem by Matthew Arnold, Empedocles on __
57. __ fide
59. Ms. Swenson of "Benson"
60. Heidi Klum's ex
63. NYC part
65. Passed in1867, it made Canada [acronym]

Yesterday's Crossword

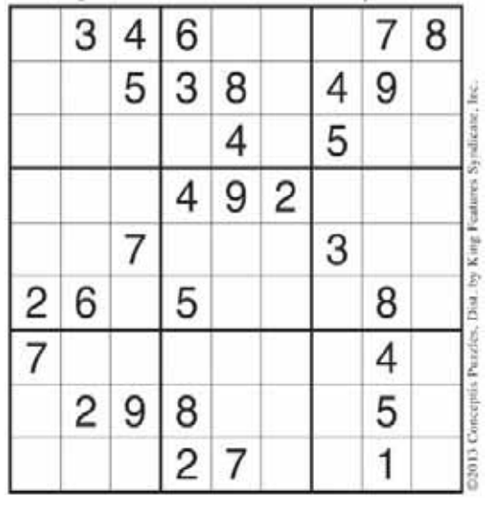


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

6	2	8	9	1	4	3	7	5
7	3	9	5	2	8	6	1	4
1	5	4	6	3	7	9	2	8
4	1	7	2	6	3	5	8	9
2	9	6	1	8	5	7	4	3
5	8	3	7	4	9	1	6	2
9	6	1	4	5	2	8	3	7
8	7	2	3	9	1	4	5	6
3	4	5	8	7	6	2	9	1

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